

Islamic Manners Of

Drinking, Eating & Sleeping
With Scientific Interpretation
in

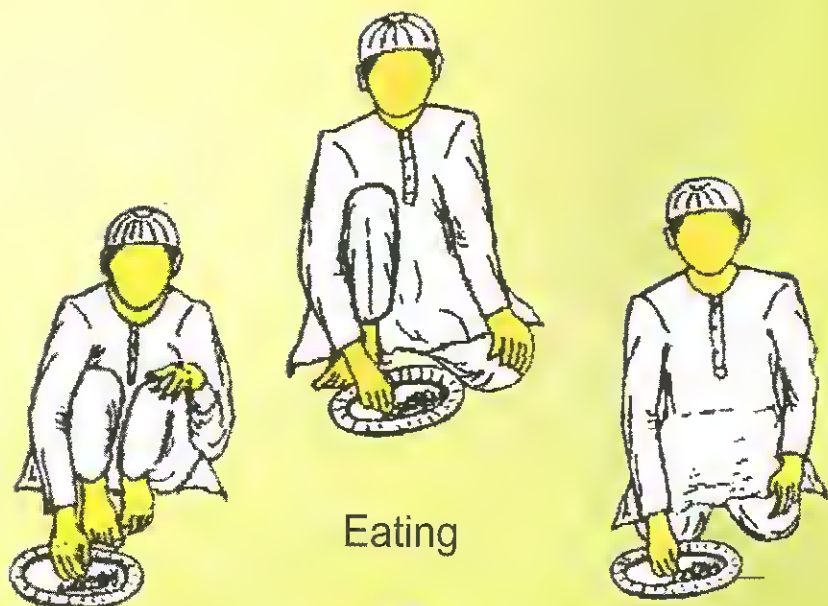
Daily Life



Compiled by

Moulana Ghulam Nabi Shah Naqshbandi

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Eating



Drinking



Sleeping



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Allah's name the most beneficent and merciful

QURAN: YA BANEE AADAMA KHUZOO ZEENATA KUM
INDA KULLU MASJIDIN VA KULOO WASHRA BOO WALA
TUSRIFOO INNAHOO LA YUHHIBBUL MUSRIFEEN

MEANING: O' CHILDREN OF ADAM WEAR CLEAN
CLOTHES AT THE TIME OF EVERY WORSHIP & USE
PERFUME. EAT AND DRINK BUT NEVER TRANSGRESS, AS
ALLAH TALA DOES NOT LIKE THE TRANSGRESSORS.

DIRECTIVE OF ALLAH TALA: IN THE ABOVE SAID
VERSE ALLAH TALA HAS GIVEN A DIRECTIVE OF EATING
AND DRINKING. SO ALL OF US HAVE TO EAT AND DRINK
ACCORDING TO THE RIGHT MANNER SHOWN BY OUR
NABI (P.B.U.H)

ISLAM THE COMPREHENSIVE DEEN:

OUR NABI (P.B.U.H) HAS PRACTICALLY SHOWN US
EVERY SMALL DETAIL OF THE RIGHT WAY OF LIFE FROM
BIRTH TO THE BURIAL IF WE FOLLOW THE PATH ALLAH
TALA HAS SHOWN US BY OUR NABI (P.B.U.H)

IN KUNTUM TUBIBBON ALLAHA
FATTABI UNEE YUHHIBBKUMU ALLAH

MEANING: ALLAH TALA WILL LOVE THOSE WHO OBEY
NABI (SAWS)

GLORY OF SUNNAH : According to one hadeeth shareef, if
one revives even one sunnah while muslim society is in confusion
facing corruption then he will get the 'sawaab' of hundred shaheeds
(Tebrani) some given, follow these and other sunnah & be successful
soon after being slained whereas the person who tries to revive a
sunnah will have to bear the rebukes, severe opposition and
contempts at every moment of his life.

RIGHT WAY OF EATING

1. WASHING HANDS:

Wash both hands thrice up to wrists and take water in month and gargle. Wash the exterior of mouth also, and don't wipe the hands

(Shamail, Tirmizi)

BENEFITS: All of you know that to avoid bacteria washing is necessary, hence Islam direct to wash hands before eating and not to wipe hands after washing as we will get bacteria again on our hands and washing will be useless. For doctor washing hands before an operation or even before touching the patient is thought necessary even though gloves are worn. From this we can understand the wisdom of Islamic ways.

GARGLING: By gargling and washing the lips, mouth will be cleaned completely and also the dryness of throat will remain no more.

2. PUTTING OFF SHOES BEFORE EATING: (Darmi)

BENEFITS: By this practice we will be comfortable while eating we can feel ease to sit for eating. In Western civilization they don't think this as necessary. They are used to eating at dining table. Ofcourse there are objection about this custom but if you are accuse- turned to eat at the table then if possible you may take off your shoes while sitting on chair to eat and place your feet on the shoes thus you can fulfill a sunnah and get the sawab.

3. EAT TOGETHER:

Don't eat separately

(Ibn maja 4050, abudawood 4045)

BENEFITS: Our NABI (SAWS) said that those who eat together

shall be blessed by ALLAHTALA'S forgiveness. There shall be 'barkath' in food stuff, ALLAH TALA will forgive all those who eat together. All the members will get required quantity of food and if we eat separately some will get more and other will get less. by the custom

of eating together equality and looking after one another need will be cultivated and above all mutual love and tenderness will be encouraged.

4. SITTING WHILE EATING:

There are three manners of sitting for eating.

- 1. Sitting on one foot while the other foot placed on the ground.*
- 2. Sitting on both feet placed on the ground.(as we sit for Qaida)*
- 3. Sitting on both soles of the feet touching the ground fully.*

BENEFITS: *Sitting on one foot will make the other leg's thigh to press the stomach, In this way we cannot eat more than the need and avoid indigestion. In the same way sitting on both feet will help us not to eat more than the required quantity for our health. Eating with both soles of feet placed on ground will help to eat moderately so that in journey we won't have face any health problem.*

COMMENT:

- 1. Animals eat while standing, Surplus quantity of food is necessary only for animals*
- 2. In each sunnah there are innumerable benefits. Follow the way of prophet (SAWS) as Allah knows how many benefits are in every sunnah for humanity.*

5. EATING ON RED CLOTH (DASTARKHAN):

Place first Salt on Dasterkhan and then Curry Followed by other Dishes. (Muslim Shareef).

Benefits: On Dastrakhan all the food will be saved, Our NABI (SAWS) used to eat on Dastrakhan and used to taste salt or curry before and after food. Tasting salt or curry will produce more saliva and other digestive juices which will help in digestion. Use of vinegar is very good for health. But, if any body has any disease he ought to be careful and taste only curry. In this case if the person feels sorry for his inability to follow the Sunnah Allah tala may forgive him and gives the 'Sawab'. INSHA ALLAH.

6. DON'T SIT WITH BACK SUPPORT WHILE EATING:

(Bukhari, 3966, Abbudawood, 4005)

BENEFITS: This way of sitting is inconvenient for eating and one has to often leave the support to get the items on Dastarkhan. Back support will cause pressure on waist and back thus may effect liver and respiratory system.

7. DUA BEFORE EATING:

ALLAHUMMA BARIKLANA FEEMA RAZAQTANA
WARZUQNA KHAIRAMMINHU BISMILLAH
WAALAA BARKATHILLAH.

(Hawala: Bukhari, Tirmizi, Muslim, Abudawood, ibn Maja 3978- 3999)

MEANING: ALLAH TALA please bestow 'barkath' in whatever we eat and out of them give me good things to eat. I am starting in the name of ALLAH TALA seeking his barkath. Human being struggles day and night to fulfill the basic need of food and once he

gets the food he must eat in the name of ALLAH TALA and must be thankful to ALLAH TALA the provider. Thus INSHA ALLAHU TALA his eating will be considered as 'Tbadath'. (Prayer) if he follow the sunnah.

8. IF WE FORGET TO RECITE DUA:

BISMILLAH AWWALAHOO WAAKHIRAHOO

(Trimizi, 3997, Abuddawood)

If we forget to recite the dua before eating them when ever we realise it we should recite it.

BENEFITS: *If do not recite dua then shaitan will join with us in eating and there will no barkath in our food. So whenever we realize the mistake of forgetting the dua say*

BISMILLAH AWWALAHOO WAAKHIRAHOO Thus 'Non Barkath' will turn into 'Barkath'.

9. EATING WITH RIGHT HAND

- 1) Eating with Right Hand is Sunnah
- 2) Eating with Three Fingers (according to the need all five figures also can be used).
- 3) Eating the Food from the edge of the plate, as the barkath is bestowed on the middle of plate there are all sunnah.

(Bukhari, Muslim, Tirmizi, Ibn Majja, Abu Dawood 3957-3960-3992-4004)

BENEFITS: *By eating with right hand we will get blessings of ALLAH TALA and NABI(SAWS). ALLAH TALA will bestow his 'Rahmath'. For every good work use right hand only. On judgement day good people will get their "AAMALNAAMA" (Deeds Record) in their right hands and non righteous will get it in their left hands.*

THREE FINGERS: NABI(SAWS) used to eat with three fingers. Those are fore finger. Middle finger and thumb (Muslim-3962). With three fingers little amount of food can be taken so that it can be masticated thoroughly and can be digested fully which is necessary for good health.

MID OF THE PLATE: In the middle of the food plate barkath is bestowed and that will be 'Rahmath' and 'noor' for us. Thus we shall be blessed with good health and Allah's pleasure.

FIVE FINGERS: There is no objection to use five fingers. If type of food so requires but using five fingers without any reason and taking lot of food is bad. Therefore we have to get rid of this habit which is not good for health.

(10) RELIGIOUS TALK BEARS ISLAMIC SPIRIT :

Talking of wordly matters is Jewish and Christian Custom. Eating silently is custom of fire Worshipers. (Faizaan Sunnath P.770).

BENEFITS: Talking on Religious matters while eating will help to refresh the 'Iman' and food will become 'Noor' with this love of ALLAHTALA and NABI (SAWS) Will be boosted. But talking on worldly matters will create Diversity and the tongue will long for delicacies. Tongue Which likes only delicious items will ruin wealth and Health.

(11) DON'T TALK MUCH AND AVOID HUMOROUS TALK WHILE EATING:

BENEFITS: Excess of talking will prolong eating for Which host has to remain hungry and the guest too will feel discomfort. Humour cause cough and satirical talks will hurt others ultimately will cause ill feelings between them so while eating don't be humorous and don't be satirical.

12. LOOK AFTER THE CHILDREN AND ELDERS AT DASTARKHAN:

(Ibn Maja, Bihhaqui, 4047 - 4048)

BENEFITS: *We should look after the people present at Dastrakhan to at least the people on either side. We should specially observe whether Rice, Bread, Curry and Sweets are available on Dastrakhan, we should repeatedly ask the people at Dastarkhan to take some more food or sweets thus Islamic brotherhood and love will be enhanced.*

13. WE SHOULD NOT COMMENT ON FOOD WE DISLIKE

(Muslim 1834-3970)

BENEFITS: *We should not comment on food we dislike as it may hurt the host or housewife. Our NABI (SAWS) disliked this behavior. We may leave the item we dislike.* (Hadeeth)

14. DO NOT DRINK WATER REPEATEDLY WHILE EATING

(Bukhari, Muslim 1834-3970)

Our NABI (SAWS) never used to drink water while Eating unless it was necessary. Repeated drinking of Water while eating will lead to indigestion.

15. TAKE SMALL MORSELS AND MASTICATE THOROUGHLY:

BENEFITS: *Masticate each morsel thoroughly so that it is digested easily. According to Hakeems and Doctors each morsel has to be masticated at least 20-30 times.*

**FOLLOW SUNNAH WITHOUT FEAR
FOR SUCCESS HERE AND HEREIN AFTER**

16. PRAISE ALLAH TALA AND BE THANKFUL TO ALLAH TALA WHILE EATING ALLAHUMMA LAKAL HAMD WALA KASHHUKRAK

MEANING: OH! ALLAH TALA ALL praises to you and To you we are thankful.

BENEFITS: For Every third or fourth morsel praise and thank ALLAH TALA. Attention. The food which Comes before you is from the hard efforts of 360 hands (Hands that sow seed to the hand that cook) so, thank and praise ALLAH TALA for all this. What ever the work you do in the name of ALLAH TALA and end it with thanking ALLAH TALA will turn your work into "ibadath" (Worship).

17. DO NOT BLOW ON FOOD STUFF:

(Abudawood, Ibn Maja-4069)

BENEFITS: It is Sunnah not to eat or drink very hot things. According to the doctor and scientists hot food can damage tongue, throat, digestive system and liver. It may even cause cancer.

Don't blow on food because according to todays Scientists and doctors, the out coming breath possesses Particles and germs which can pollute the stuff. Our NABI (SAWS) has shown us fourteen hundred years ago not to blow on food. Each sunnah has its wisdom and benefits so, think and implement. It Remember according to" AAMAAL" life may become "JANNATH" or "JAHANNUM" (Heaven or Hell).

18. EAT THE FOOD FALLEN ON DASTARKHAN

(Muslim 3965-keemiya Saadath)

BENEFITS: *Eat the Morsel fallen on "Dastarkhan" (Muslim) cleanness in one of the sign of Islam. So, what Ever falls on the clean "Dastarkhan" from the plate Should be eaten. Thus we shall give due respect to the "Rizq" and teach other also the value of "rizq". People in many countries are in the state of starvation. Today all the countries are trying to save food grain but in western countries their behavior is different, they are Used to wasting the food remaining in the plate, infact We are bound to account for every food grain before ALLAH TALA.*

According to one saying eating the food fallen On Dastarkhan will help to mitigate one's pride and it will help to have noble children and it is considered as Meher for "Hoors" We must leave the tiny particles of the food on dastarkhan as the share of ants and insects. Follow the Sunnah of PROPHET (SAWS) you will be Successful here and hereafter.

19. IF YOU ARE A FAST EATER THEN EAT SLOWLY:

If you do this others too will not finish in hurry.

(Ibn Maja Bihaqi, 4047-4048 shurmail)

BENEFITS: *Others will not remain hungry or obliged to eat in hurry.*

20. EATING SWEET AND HONEY

(Buqari-3977)

BENEFIT : *Our NABI(SAWS) used to eat sweets fondly. Today many people are following this sunnah with full zest. Alas the major sunnah also are implemented with such a zest, how admiring will that be. Such sunnah are strong in memory, but the sunnah of tying stones on the stomach to overcome the hungry is been forgotten.*

21. FINGERS SHOULD BE LICKED AND PLATE CLEANED. TASTE SALT IN THE END.

(Buqari, Muslim, 3964-1844)

BENEFIT: *With tasting salt in the end of meal cause recreation of saliva in the mouth which will help to digest the food. According to hakeems there are 70 benefits of salt for digestion.*

NOTE: In case of any disease such as B.P. It is permissible to avoid salt.

PLATE : *Clean the plate by fingers .The plate in which our NABI(SAWS) ate was most clean (Ummul momineen Bibi Ayesha (R.A)*

THREE FINGERS: *Our NABI(SAWS) used to eat with three fingres and after eating used to lick the middle finger first then forefinger and thumb in the last.*

FIVE FINGERS: *Our NABI (SAWS) often had dates, bread and meat as food. So NABI(SAWS) used to eat with three fingers only but if we are having semi solids or rice we are compelled to use five fingers. So when we finish we should clean by licking middle finger first then fore finger followed by thumb and then the remaining fingers. Saliva will be produced with licking of fingers, this is also helpful for digestion and health.*

Each sunnah is wisdom

Each sunnah ensures health (Allah's grace)

Each sunnah bestows Rahath (forgiveness)

Each sunnah leads to Najath.

22. AFTER FINISHING FOOD RECITE 'DUA'

DUA: ALHAMDU LILLAHILLAZEE ATA AMANA WA
SAQANA WA JAALNA MINAL MUSLIMEEN (AMEEN)

(I.Maja) (Nasa) (Bukhari)

MEANING: All the praises belongs to only ALLAH TALA who gave us food. Water and made us Muslims.

BENEFIT: By Reciting Dua after food our eating also Becomes ibadath. One who offer Dua after food will Get the sawab of 'Roza' (Fasting) (Abudawood - 4000)

23. AFTER FOOD WASH HANDS AND GARGLE AND THEN WIPE HANDS

(Tirmizi, Abudawood Ibn Maja 4012)

BENEFIT: After food wash hands with water (and Soap) so that the smell does not remain and wipe with Cloth.

WISDOM: According to one saying our NABI (SAWS) Used to rub his hands on face after washing and then Used to wipe them with towel. If the hands were more Oily NABI (SAWS) used to rub them on his feet and Soles as these will prevent cracks. After food when Hands are washed they will be clean and cool. And When we rub them on the face we feel cool effect on Face and on eyes and this will prevent wrinkles and Pimples.

24. AFTER FOOD CLEANING OF TEETH:

(Tribani, Abudawood)

Our NABI (SAWS) said that in my 'Ummath' those who Use 'Miswaak' in wazu and after food their teeth are the Best ones.

(Tibrani).

BENEFIT: With this practice we can get rid of the tiny Particles of food remained in between teeth and teeth will Remain strong and free from disease. Strong teeth Ensures good health.

Follow the Hadith Solve your problem on your own.

25. DOING 'MISWAAK' AFTER FOOD

(Tazkiratul Waizeen)

BENEFIT: By brushing the teeth, the teeth mouth and Throat will be cleaned. 'MISWAAK': There are 70 benefits of miswaak one the greatest benefits is tongue will pronounce kalima at the times of death, Now -a-day tooth brush is being used .So when miswaak stick is not available we must brush with the Niyyath of sunnah of Miswaak INSHA ALLAHU TALA we shall get equal sawab and benefits of Miswaak.

Do miswaak now and then because it has natural good Effect.

26. TAKING REST AFTER LUNCH

(Tirmizi)

Our NABI (SAWS) used to take rest for a while soon after lunch. With this practice our body will get Sukoon (Comfort) and food will be digested easily and freshness and brightness can be felt.

27. DON'T SLEEP IMMEDIATELY AFTER DINNER.

(Tirmizi)

BENEFITS: This may caused indigestion therefore, it Is desirable to take a stroll after dinner. Offering isha namaz after dinners is good. According to Hakeem's after dinner at least 100 yards walking is necessary.

28. DUA AFTER FINISHING 'DAWATH'

(Muslim Shareef)

ALHAMDU LILLAHILLAZEE ATH AMANA WA SAQAANA
WAJAALNA MINAL MUSLIMEEN. ALLAHUMMA ATIM MAN
ATHAMANA WASQEE MAN SAQANA HUWA ASHIBANA WA

ARWANA WA ANAMA ALAINA WA AFZAL WA AKALA
TAAMAKU MUL-ABRARI WA SALLATH ALAIKUMUL
MALAIKA WA AFTARA INDA KUMUSSAAIMOON

(Muslim Shareef)

MEANING: All praises belongs to ALLAH TALA who feeds us and who made us Muslim oh! ALLAH TALA! He who feed us please feed him with best "Niyamath" Oh Host! Your food may be eaten by god fearing people and fasting people and upon you angles of 'Rahmath' May send Darood Salam. Feed the Hungry- Deserve the Jannah

RIGHT MANNERS OF DRINKING

1. WATER SHOULD BE DRUNK SITTING:

(Mishkath-2, Muslim Shareef 4059)

BENEFIT: We should drink water sitting. Drinking Water in hurry while standing may cause Hiccups and Gases, of course there is no strong objective for this yet it is 'Makrooh' (Detisted).

(Shumail Tirmizi)

AAB-E-ZAMZAM and remaining water of 'Wazu' should be drunk with much respect by standing and facing towards 'Qibla'

(Trimizi, Muslim, Buqari 4060, 4061)

2. WE SHOULD NOT DRINK WATER WITHOUT LOOKING INTO IT:

We should have a look into the Water before we drink whether in glass or bowl or cup in order to find the cleanness of water. Because of Carelessness many people suffer and even loose Health and even lives.

3. DRINKING OR EATING IN GOLDEN OR SILVER VESSELS IS PROHIBITED:

(Buqari, Muslim 4064-4063-4070).

BENEFITS: *In Islam simplicity and equality are of prime Importance, so eating or drinking in gold or silver vessels Is prohibited. Otherwise pride and egoism will destroy Equality and unity of umma and wealth will be locked up In the way thus rehalation of wealth. In society is held up.*

4. DRINKING WATER WITH RIGHT HAND:

(Bukhari, Tirmizi 3960)

We must drink water with right hand. In case while eating when right hand is covered with food then Lift the glass of water with left hand and give Support of right hand to the glass.

5. WE SHOULD DRINK WATER WITH THREE INTERVALS:

We should drink water with three Breaths (intervals) and the out coming breath Should not be in the vessel.

DOCTOR'S ADVICE: *According to Hakeem's first take one sip take breath then two sips then take Breath followed by three sips, this is beneficial for Good health. If we do not take care and drink a glass of water only in one breath it may cause cough and gases and water drops may enter into respiratory Tract. Number of person faced many problems for Neglecting this "sunnah" sometimes it may even Prove fatal.*

6. DUA FOR DRINKING:

BISMILLAHIRRAHMANIRRAHEEM *after drinking we Must say ALHAMDULLILAH WE should tell to the person Who served you water SAQAKALLAHU KHAIRA. Drinking water or juice in the name of ALLAH TALA will be beneficial to our health.*

By saying ALHAMDULILLAH, we are praising ALMIGHTY and the believer will get 'Sukoon' (Peace of Mind).

By saying SAQAKALLAHU KHAIR we are praying for him, who served water thus we can make him Happy and Islamic brotherhood will be promoted. With Dua we can get Innumerable 'Sawab' and drinking of Water shall also be considered as "Ibadath".

7. ONE SHOULD BE MODERATE IN DRINKING WATER

(Shimail Tirmizi)

While eating or drinking we shall be careful of excess, because it is well known that "Prevention is better than Cure".

a) Don't blow on hot food or water: do not blow on hot food or water while eating or drinking because this is considered as 'Makrooh' since out coming breath Possesses impurities. Therefore, blowing on food and Water to be consumed is prohibited.

b) Don't drink water soon after finishing food:

BENEFITS: Do not drink water soon after food because food because It may cause indigestion; we should wait for at least 10. 15 minutes or more after finishing food.

c) Don't drink or eat too hot or too cold

BENEFITS: Very cold drinks will cause dental problems tooth may be uprooted in early age and very hot will cause defects in digestive system.

d) Don't drink water immediately after physical exercise or much tiresome work, Otherwise cold, sneezing and other health problem may occur.

e) Don't drink water soon after eating fruits: this can effect digestion. Thus drinking water after an interval will preserve nutrition. The water should not be too cold or too hot.

f) Don't drink water after bath or after intercourse can this may affect lungs and there is a possibility of severe disorder of the liver.

8. DRINK AAB-E-ZAM ZAM STANDING:

AAB-E-ZAM ZAM is sacred water and should drink with much respect therefore we should stand facing towards Qibla and drink AAB-E-ZAM ZAM.

AAB-E-ZAM ZAM can be drunk soon after eating food or after physical exercise because AAB-E-ZAM ZAM is the best water in the world which contain all minerals and other nutrients helpful for health.

DUA OF AAB-E-ZAM ZAM

**DUA: ALLAHUMMA INNI ASALUKA ELMAN NAFIYA VA
RIZQAN VASIYA VA SHIFAAAN MINKULLI DAAIN**

RIGHT MANNER OF SLEEPING

**WAJAALNA NAVMAKUM SUBATAN WAJALNALLAILA
LEBASA**

Quran (Alnnaba No.9-10)

MEANING: "ALLAHTALA created sleep for rest and created night as covering." Night is therefore ment for sleeping. Our NABI (SAWS) taught the right ways of sleeping to his followers.

IMPORTANT THINGS TO BE NOTED BEFORE SLEEPING

1) CLOSE THE DOORS BEFORE SLEEPING:

(Buqari, Tirmizi)

The suggestion is to prevent thieves and wild animals from entering the house. Doors of elder's. Rooms also should be locked to prevent Sudden entry of children and others.

2) FOOD ITEMS AND FOOD GRAINS SHOULD BE KEPT SAFE BEFORE GOING TO SLEEP. (Buqari, Muslim-4086).

BENEFIT: Food items should be kept in closed vessels and food grains should be stored in containers safely, Clothes, Jewelers and money should be kept safely in Lockers.

3) KEEP A WATCH OVER CHILDREN: (Buqari, Muslim-4086)

We should see that all the children at home are safe to your satisfaction. Before you retire.

4) LANTERN OR FIRE SHOULD BE PUT OFF:

(Buqari, Muslim, 4088, Abudawood 4091)

BENEFITS: Wood, Coal, Kerosene or Petrol like fuels or gas stoves or cooking fire should be put off before sleeping to ensure safety. Light should be put off to avoid short circuits and for inducement for sleep but night rights can be used.

5) AVOID NARRATING FACTIOUS OR HORROR STORIES AT BED TIME

BENEFITS: Quran Hadees and stories of Islamic History will help Boost Iman. Whereas factious or horror stories will create fear in subconscious of children resulting in bad dreams and phobia.

6) CLEAN THE BEDDING THREE TIMES BEFORE SLEEPING

(Buquari Tirmizi)

BENEFITS : Our NABI (SAWS) directed to clean bedding at least Three times before sleeping. In spite of bed been cleaned before yet there is a possibility of dirt or insects getting into the bed in the mean time.

7) SHOULD SLEEP AFTER ISHA NAMAZ

BENEFITS: *Sleeping early in the night will help to have good sleep otherwise one has to struggle for sleep if he goes late to bed, Late night will also affect the health and more over it will be difficult to wake up early in the morning for Prayer.*

8) DON'T SLEEP ON SUCH A ROOF WHICH HAS NO WALLS (PARAPET)

(Abudawood 4488 Trimizi 4489)

Do not sleep on a roof which has no parapet wall because it will not be safe and there will be no privacy.

9) THINGS MENTIONED BELOW SHOULD BE KEPT NEARBY BEFORE GOING TO SLEEP:

Water, Comb, Miswaak (brush) hair oil, surma, Rod (Lati), lantern (Torch, Lighter, bed lamp) Scissor, mirror, Shoes etc.

BENEFITS: *Water should be kept nearer to the bed so that at night water will be easily available for drinking. Comb will be helpful to set hair and beard at anytime. Miswaak is useful to clean the mouth when you awake And Lati has to be kept to defend yourself from thieves, Enemies', dangerous insects and wild animals as the Case may be. Lighter/Lantern/Torch: these are important items Which should be kept handy.*

ALHANDULILLAH *Now-a-days we have many facilities Because of electricity but still there are frequent powers Failure so, a torch is necessary.*

HAIR OIL: *This is also necessary item, Scissors it Also has its importance and shoes or sleeper also are Important thing used either in day or at night, keeping these items nearer will help you to prepare*

quickly in fajr now a days these are kept in attaches bathrooms. Before wearing shoes we must shake those at least Three times as 'Sunnah' and this will get rid of the dirt And insects if any, in the shoes.

10) ZIKR-E-ILAHİ BEFORE SLEEPING:

Recite 'Tawooz' 'Tasmia' and along with these sura Fatiha and Ayatul Kursi, three Qul sura's (Iqlas, Falq, Nas). Darood shareef should also be recited and then blow on Hands and rub them on the body (TIRMIZI).

TASBEEH FATIMA : **SUBHANALLAH** -33 Times

ALHAMDULILLAH -33 Times

ALLAHU AKBAR -34 Times

Reciting last ruku of sura baqra is also Suggested. All of these or more can be recited according to the Convenience.

11) DUA BEFORE GOING SLEEP

ALLAHUMMA BISMİKA AMUTU VA AHYA

Meaning : I sleep (Die) and rise in the name of AllahTala Sleep is the sister of death. Sleep is equivalent to death and awaking from sleep is like rising from death. So remember death before going to sleep. This will help us to live good life and avoid evil.

MANNERS OF SLEEPING

12. SLEEP WITH WAZU :

(Tirmzi)

BENEFIT : Wazu had innumerable advantages we can get rid of dust, dirt, oil on our face hands and feet. If one sleep without Wazu oily skin, dirt and dust will attract insects and one may be bitten by them, Wazu will give cooling effect to heart, brain and liver it will help to have good sound sleep.

13. RIGHT WAY OF LYING ON BED:

(Buqari, Tirmizi)

Lying with head towards north, feet towards south and face towards "Qibla" and right hand should be placed beneath right cheek. Hold right feet heel with toe and finger of left feet and place left on the waist.

14. WAY OF SLEEPING ON THE BACK:

Head towards north, right-hand on forehead, the palm should cover the ear and left hand should be placed on stomach and hold the heel of right feet with the toe and finger of the left feet. This way of sleeping has many advantages, sleeping without pillow is good for heart, brain and eyes, however each and every sunnah there are numerous advantages for us. If you feel any discomfort in sleeping in these ways then atleast sleep for some times in these postures than sleep as per your comfort.

15. ALLAH TALA DISLIKES PERSON SLEEPING ON

BELLY:

(Tirmizi, ibn Maja, Mishkath 4486-4498)

According to one saying this posture of sleep i.e., on face and

stomach is the way of Dozakhi (people of hell). As far as health is concern this posture will creat problems. Of course exception is for the purpose of physical exercise of disabilities.

16) GOOD AND BAD DREAMS:

GOOD DREAMS: If you have seen good dreams pray thanks to ALLAH TALA and narrate that dreams to any "ALIM" or Any family member to get the right meaning. INSHAALLAHUTALA what ever the meaning they Disclose will come true.

BAD DREAMS: Do not narrate bad dreams to any body so that Effect of bad dreams does not remain. After seeing bad dreams spit three times towards left side and recite Tasmiya, Tawuz and Istaghfar. **BEWARE:** Don't narrate fictitious dreams before 'ALIM' Because whatever meaning they give may come true and may prove harmful to you.

17) DUA AFTER WAKING UP:

ALHAMDULILLAHILLAZEE AHYANA BADAMAA
AMAATA NA WA ILAIHINNUSHOOR (Buqari, Muslim)

MEANINGS: All the praise belongs to ALLAH TALA who made us to rise again after death (i.e. sleep) likewise "One day" we will stand in his presence.

In case you miss fajr Namaz then offer khaza (Delayed) namaz only then go for your job, because without offering fajr Namaz there is no barkath in Business.

ADDITIONAL INFORMATION OF SUNNAH

DON'T EAT IN THE MARKET.

AL AKULU FISSUWQI DANA ATHUN

Eating in the bazaar is mean habit. Eating in bazaar is against good manners and is dangerous for health. Eating while walking are the ways of animals. For human being it is against human nature.

Feed the people, spread Salam Inherit the gardens. Advantages of washing hands and face before eating

AL WAZOO KHABLTAAAM, YANFIL FAQR WA BADAHO YANFILLAHMA (Sunnah, Abudawood, Tirmizi)

Washing hands and face before eating will cast away poverty and washing hands and face after food is Helpful; in reducing over weight.

DON'T EAT EXCESSIVELY

ALLAHTALA dislikes those who eat more than their Needs (hunger) seek ALLAHTALA protection from Excessive eaters.

Disadvantages of Excessive Eating

- 1) Diabetes 2) Blood Pressure 3) Paralysis
- 4) heart Disease 5) Early aging 6) Over Weight
- 7) Indigestion Etc are some of the results of over eating.

EATING FOOD FALLEN ON DASTARQAN:

MAN AKALAM MA SAQATHA MINAL MAAIDA AASHA FEE SAATHI WA WOOFEE FI WALADIHI (HADITH)

One who eats the food fallen on clean Dastarqan shall be blessed with pros pertly health and happiness and so his children.

FEEDING OTHERS :

KHAIRKUM MAN AT AMA TAAMA

(Mustadrik, Haskim)

MEANING: *The best among you are those who feed Others. The food items liked by our NABI (SAWS) were*

- | | |
|---|-----------------|
| 1) Flour unsieved | 2) Water melon |
| 3) Bread & Barely | 4) Meat & birds |
| 5) Milk, halva | 6) Butter |
| 7) Olive and its oil (Salts and vine gas as curry) | |
| 8) Honey | 9) Fish |
| 10) Dates | 11) Cucumber |
| 12) Meat. (Forearm, Shoulder, Roasted Meat of Neck) | |

BENEFITS OF HONEY: *Will clean the bowels, cure Dehydration and phlegm, ceans kidney, liver, chest and Digestive system will be strengthened. Also cures urinal Problems. Hair will becomes lengthy and tooth will be Strong and clean. "Honey is cure for all human diseases." (Quran)*

DON'T SLEEP AFTER 'ASER' NAMAZ

MANNAMA BADAL ASRIFAQTALASAAKLAHU
FALAYALOO MANNA ILLANA FASAHOO (Al Jamial Sagheer)

MAN AKALAM MA SAQATHA MINAL MAAIDA AASHA
FEE SAATHI WA WOOFEE FI WALADIHI (HADITH)